

# You're invited



## The resilience project community presentation

We invite you to attend this presentation to inspire school communities to practice evidence based strategies to build resilience and improve mental health.

The programs is based on the following strategies:

- Mindfulness, being present in the moment and not becoming distracted by unhelpful or negative thoughts.
- Empathy, thinking of the needs of others and demonstrating kindness
- Gratitude, appreciating what you have and not begrudging what you don't.

The presenter tells stories from their own experiences to highlight these strategies and their application in school and at home.

Visit [theresilienceproject.com.au](http://theresilienceproject.com.au) for more information.

### Cost

Free – bookings essential

### Date

Monday 11 December 2017

### Time

2:00pm

### Venue

Dimboola Health and Fitness Centre, School Road, Dimboola. (adjacent to Dimboola Secondary Memorial College).

### Get in touch

Email [SFYS@wuc.org.au](mailto:SFYS@wuc.org.au) by Tuesday 5 December 2017

# Uniting